

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 7	Training Classification	Mileage
Aim(s): tri simulation set 1700m, 2500m total		
W/Up 4 x 50 f/c - dps - 10 sec rest 1 x 100 f/c - 25 eze, 75 build to all out - 15 sec rest x 2	A1	600m
Main Set 2 x 100 f/c fast - 10 sec rest 3 x 200 f/c hold even pace, dps - 20 sec rest 4 x 50 f/c fast - 10 sec rest 2 x 200 f/c hold even pace, dps - 20 sec rest 2 x 50 f/c fast - 10 sec rest 1 x 200 f/c hold even pace, dps - 20 sec rest where fast is max. anaerobic threshold pace	A2-AT	1700m
S/Down 200 choice	A1	200m
Total		2500m